



CHEER WEEKLY PRACTICE CHART

#	Date	Welcome	Warm Up	Workout 1	Workout 2	Devotion
1	January 6th / 7th	5 min Ball Toss Challenge	5 min Warm up 10min Stretch	15 min Fundamentals	10 min Motion Drill 1 10 min Take it to the Hoop	Introduce: Effort, Spirit, Cheers, Leadership and Christlikeness
2	January 13th/14th	5 min "Coach Says"	10 min Motion Drill 1 5 min Stretching	10 min Fundamentals	10 min Motion Drill 1 10 min Go Gold	Commitment 1
3	January 20th / 21st	5 min Tic Tac Toe	5 min Captain Coming 10min Stretch	5 min Drills 1 2 10min Jump Form	10 min Pass the ball 10 min Spark	Commitment 2
4	January 27th/28th	5 min Welcome Line	5 min Music Warm Up 5 min Stretch	5 min Review Previous 5 min Tuck Jump	10 min We are 10 min Spark	Commitment 3
5	February 3rd/4th	5 min Shoe Game	5 min Music Drill 1/2 5 min Stretch	5 min Review Cheers 5 min Toe Touch	10 min Take it to the hoop 10 min Formation Change	Self Control 1
6	February 10th/11th	5 min Blanket Game	5 min Music or Captain 5 min Stretch	5 min Review Cheers 5 min Formation Change	10 min OFFENSE 10 min Voice Projection	Self Control 2
7	February 17th/18th	5 min Cheer Circle	5 min Music Warm Up 5 min Stretch	5 min Review Cheers 5 min Formation Change	10 min DEFFENCE 10 min Pom Routine	Self Control 3
8	February 24th/25th	5 min Human Knot	5 min Music Warm Up 5 min Stretch	5 min Review Cheers 5 min Crowd Involvement	10 min We won't give in 10 min Pom Routine	Joy 1
9	March 2nd/3rd	5 min Line Up Games	5 min Music Warm Up 5 min Stretch	5 min Review 5 min Fundamentals	10 min Get up 10 min Routine	Joy 2
10	March 9th/10th	5 min Welcome game	5 min Music Warm Up 5 min Stretch	5 min Review 5 min Fundamentals	10 min Let's go 10 min Award Routine	Joy 3



PreK-K WEEKLY PRACTICE CHART LEVEL 1

#	Date	Welcome	Warm Up	Workout 1	Workout 2	Workout 3	Devotion
1	<u>5pm All access</u> Jan 6th / 7th <u>6pm January 7 Team</u>	5 min Welcome/Rules	5 min Jumping (Team/ parachute)	Footwork 10 min Red/Green Light Jog, Skip, Hop & Backpedal	Ball Handling 10 min Vision Tag Partner Vision Dribbling	Shooting 15 min Over Giant Basket Form	Introduce: Effort, Sportsmanship, Offense, Defense and Christlikeness
2	<u>5pm All access</u> Jan 13/14 <u>6pm January 14 Team</u>	5 min Welcome Teach: Passing Teach: Traveling	5 min Team Jump 5 min Red/Green Footwork	Shooting 10 min Over Giant Basket Form	Pass/Receive 10 min Partner Passing Under the Bridge	Shooting Skills 10 min Basketball Form Assist Drill	Commitment 1
3	<u>5pm All access</u> Jan 20th / 21st <u>6pm January 21 Team</u>	5 min Welcome Rebound/Transition Double Dribble	5 min Partner Vision Dribbling	Pass/Receive 10 min Circle Passing	Shooting Skills 10 min Two Line Shooting Basket Form Assist Drill	Transition Skills 10 min Team Around the World	Commitment 2
4	<u>5pm All access</u> Jan 27th / 28th <u>6pm January 28 Team</u>	5 min Welcome Teach: Man to Man Defense	5 min Defensive Wave Drill	Pass Skill 10 min Partner Passing Under the Bridge	Shooting Skills 10 min Two Line Shooting Basket Form Assist Drill	Scrimmage	Commitment 3
5	<u>5pm All access</u> Feb 3rd / 4th <u>6pm Feb 4th Team</u>	5 min Welcome Teach: Holding Blocking	5 min Defensive Wave Drill	Pass Skill 10 min Partner Vision Dribbling	Shooting Skills 10 min Team around the World	Scrimmage	Self Control 1
6	<u>5pm All access</u> Feb 10th / 11th <u>6pm Feb 11th Team</u>	5 min Welcome Hand Checking Pushing	5 min Red/Green Footwork	Combo Skill 10 min Build Transition 2 vs 0	Shooting Skills 10 min 2 vs 2 Half-Court	Scrimmage	Self Control 2
7	<u>5pm All access</u> Feb 17th/18th <u>6pm Feb 18th Team</u>	5 min Welcome Teach: Jump Ball	5 min Team Jump	10 min Circle Passing	Shooting 10 min Over Giant Basket Form	Scrimmage	Self Control 3
8	<u>5pm All access</u> Feb 24th/25th <u>6pm Feb 25th Team</u>	5 min Welcome Teach: Help Defense/ Fast Breaks	5 min Defensive Wave Drill	5 min Two Line Shooting 5 min Two Line Assist	10 min Building Transition 2 vs 0 & 2 vs 1	Shooting Skills 10 min 2 vs 2 Half-Court	Joy 1
9	<u>5pm All access</u> March 2nd/3rd <u>6pm March 3rd Team</u>	5 min Welcome Teach: Palming	5 min Partner Vision Dribbling	10 min Rabbits and Wolves	Shooting Skills 10 min Team around the World	Scrimmage 2 vs 2 Half-Court	Joy 2
10	<u>5pm All access</u> March 9th/10th <u>6pm March 10th Team</u>	5 min Welcome Teach: Help Defense Picks/Screens	10 min Circle Passing	10 min Team Relays	5 min Review 5 min Fundamentals	Scrimmage	Joy 3



Grade 1/2 WEEKLY PRACTICE CHART LEVEL 2

#	Date	Welcome	Warm Up	Workout 1	Workout 2	Workout 3	Devotion
1	5pm All access Jan 6th / 7th 6pm January 7 Team	5 min Welcome/Rules	5 min Jumping (Team/parachute)	Footwork 10 min Ready Positions Pivots	Ball Handling 10 min Mirror Ball Handling Stationary No Dribble Stationary Dribble	Shooting 15 min Partner Form Shooting Basketball Form Shooting	Introduce: Effort, Sportsmanship, Offense, Defense and Christlikeness
2	5pm All access Jan 13/14 6pm January 14 Team	5 min Welcome Teach: Traveling	5 min Team Jump Parachute Jumps into Pivots	Footwork 10 min Red/Green Light	Pass/Receive 10 min Target/Control Hands Two Hand bounce pass One Hand push bounce	Shooting Skills 10 min Two Line Shooting Two Line Assist	Commitment 1
3	5pm All access Jan 20th / 21st 6pm January 21 Team	5 min Welcome Teach: Double Dribble	5 min Red/Green Light with/without ball	Pass/Receive 10 min Bounce Pass Hot Potato Passing	Shooting Skills 10 min Two Line - Assist Drill Two Line - Off Dribble	Transition Skills 10 min Defense to offense Building transition	Commitment 2
4	5pm All access Jan 27th / 28th 6pm January 28 Team	5 min Welcome Teach: Man to Man Defense	5 min Dribble Tag	Shooting Skill 10 min Two Line Shooting	Transition Skills 10 min Rebound/Outlet Drill 5 v 0 Transition	Scrimmage	Commitment 3
5	5pm All access Feb 3rd / 4th 6pm Feb 4th Team	5 min Welcome Teach: Holding Blocking	5 min Defensive Zig-Zag	Defensive Skill 10 min 2 vs 2 Half Court Drill	Shooting Skills 10 min Partner Form Shooting Half Court 2 pass Lay up	Scrimmage	Self Control 1
6	5pm All access Feb 10th / 11th 6pm Feb 11th Team	5 min Welcome Hand Checking Pushing	5 min Stationary Ball Handling	Shooting Skills 5 min Half Court 2 pass Lay up	Shooting Skills 10 min Two Line - Assist Drill 2 vs 2 Half-Court	Scrimmage	Self Control 2
7	5pm All access Feb 17th/18th 6pm Feb 18th Team	5 min Welcome Teach: Jump Ball	5 min Team Jump Parachute Jump	10 min Baseline Shooting Drill	Shooting 10 min 3 vs 3 Half-Court	Scrimmage	Self Control 3
8	5pm All access Feb 24th/25th 6pm Feb 25th Team	5 min Welcome Teach: Help Defense/ Fast Breaks	5 min Red/Green Light with/without ball	Shooting 10 min 3 vs 3 Half-Court	10 min Building Transition Concept Drill	Scrimmage w baseline shooting skill	Joy 1
9	5pm All access March 2nd/3rd 6pm March 3rd Team	5 min Welcome Teach: Palming	5 min Hot Potato Passing	Shooting Skill 10 min Two Line Shooting Lightning	Shooting Skills 10 min Team around the World	Scrimmage w Building Transition	Joy 2
10	5pm All access March 9th/10th 6pm March 10th Team	5 min Welcome Teach: Help Defense Picks/Screens	5 min Dribble Tag	10 min Who's Open drill	10 min Team Relays	Scrimmage w/or 3 vs 3 Half-Court	Joy 3



Grade 3/4 WEEKLY PRACTICE CHART LEVEL 3

#	Date	Welcome	Warm Up	Workout 1	Workout 2	Workout 3	Devotion
1	<u>5pm All access</u> Jan 6th / 7th <u>6pm January 6 Team</u>	5 min Welcome/Rules	5 min Jumping (Team/parachute)	Footwork 10 min Red/Green Light	Ball Handling 10 min Vision Tag Partner Vision Tag	Teach Shooting 15 min Over the Giant Partner Form Shooting Basketball Form Shooting	Introduce: Effort, Sportsmanship, Offense, Defense and Christlikeness
2	<u>5pm All access</u> Jan 13/14 <u>6pm January 13 Team</u>	5 min Welcome Teach: Traveling	5 min Team Jump Red/Green Light	Shooting 10 min Over the Giant Shooting Basket Form	Pass/Receive 10 min Partner Passing Under the bridge	Shooting Skills 10 min Two Line: Basket Two Line: Assist	Commitment 1
3	<u>5pm All access</u> Jan 20th / 21st <u>6pm January 20 Team</u>	5 min Welcome Teach: Double Dribble	5 min Partner Vision	5 min Circle Passing	Shooting Skills 10 min Two Line - Basket Form Two Line - Assist Drill	15 min Team around the World	Commitment 2
4	<u>5pm All access</u> Jan 27th / 28th <u>6pm January 27 Team</u>	5 min Welcome Teach: Man to Man Defense	8 min Defensive Wave Drill	Shooting Skill 7 min Under the Bridge	Shooting Skills 10 min Two Line - Basket Form Two Line - Assist Drill	Scrimmage	Commitment 3
5	<u>5pm All access</u> Feb 3rd / 4th <u>6pm Feb 3rd Team</u>	5 min Welcome Teach: Holding Blocking	5 min Defensive Wave Drill	Ball Handling 10 min Partner Vision Dribbling	10 min Team around the World	Scrimmage alt: relays (team/w/wo ball)	Self Control 1
6	<u>5pm All access</u> Feb 10th / 11th <u>6pm Feb 10th Team</u>	5 min Welcome Hand Checking Pushing	5 min Red/Green Light	Combo Skills 10 min Building Transition 2 vs 0	Shooting Skills 10 min 2 vs 2 Half-Court	Scrimmage alt: Two line basket form	Self Control 2
7	<u>5pm All access</u> Feb 17th/18th <u>6pm Feb 17th Team</u>	5 min Welcome Teach: Jump Ball	5 min Team Jumps	10 min Circle Passing	10 min Over the Giant Basket Form Shooting	Scrimmage alt: 2 vs 2 Half-court	Self Control 3
8	<u>5pm All access</u> Feb 24th/25th <u>6pm Feb 24th Team</u>	5 min Welcome Teach: Help Defense/ Fast Breaks	5 min Defensive Wave Drill	Shooting Skill 10 min Two Line Shooting Basket Form / Assist	10 min Building Transition 2 vs 0 / 2 vs. 1	15 min: Scrimmage w 2 vs 2 Half-court	Joy 1
9	<u>5pm All access</u> March 2nd/3rd <u>6pm March 2nd Team</u>	5 min Welcome Teach: Palming	5 min Partner Vision Dribbling	Skill Development 10 min Rabbits vs Wolves	Shooting Skills 10 min Team around the World	15 min: Scrimmage w 2 vs 2 Half-court	Joy 2
10	<u>5pm All access</u> March 9th/10th <u>6pm March 9th Team</u>	5 min Welcome Teach: Help Defense Picks/Screens	5 min Defensive Wave Drill	10 min Team Relays	10 min Team Relays	Scrimmage Team Around the World	Joy 3